



# AFP

AUSTRALIAN FEDERAL POLICE

# Party planning



## To party or not to party

One of the very first questions to be addressed is whether to party or not at all.

With some of the horror stories out there, it may be easier to say no to a party.

Or, sometimes parents can say yes too quickly. So the first step is: think it through then talk it through.

## Plan the party, then party to the plan

This is the first really important step to hosting a great party. Proper planning goes an awful long way to avoiding problems later on. The first thing to nut out is:

### The guest list isn't a guess list.

Plan exactly who you'll invite, and make it a rule that anyone who is not invited does not get into the party.

- Decide on the drinks policy, and stick to it.
- Pick a venue and set it up.
- Notify the neighbours.

## During the party

Some tricks to a great party happen before the guests get in the door.

It's important to:

- Set the tone at the door.
- Supply food and drink (not drink and drink)

## Smart drinking

The key to a good party where alcohol is served is smart drinking, not hard drinking.

The thing to watch out for is binge drinking.

Binge drinking means more than six standard drinks in a sitting for guys, or more than four standard drinks for girls. Apart from the obvious risks to safety and security at your party, binge drinking can lead to gastro-intestinal problems, headache, nausea, sleeping disorders, depression and sexual impotence. At extremes it will lead to acute intoxication and alcoholic 'poisoning' or overdose, leading to unconsciousness and even death. That's not smart.

Help your guests, and yourself, have a great night by through smart observations.

## Winding down

Sometimes, the most dangerous times at a party are at the end of a night. You can minimise the risks if you have a clear plan to end the party.

If things go wrong, be firm but fair.

If things get worse, have a back up plan.

If, despite all this, things look even remotely like they will get out of hand, call the police.

## Contact details

Life-threatening emergency (police, fire ambulance): 000

For police attendance: 131 444

To provide information anonymously to police, call Crime Stoppers: 1800 333 000.

For more information on party planning, go to [www.afp.gov.au/\\_\\_data/assets/pdf\\_file/3850/partysmart.pdf](http://www.afp.gov.au/__data/assets/pdf_file/3850/partysmart.pdf)